

Elena Stroganova: Reiki Training programs, registered Teacher at www.reiki.ca

Reiki Level I or First Degree Class (8 Hours including 1 hour reading and home practice)

- Review the history of Reiki, basic Reiki definitions, expectations after Reiki Level I attunement
- Discussing each of the 5 Reiki Principles and their integration into daily life. Ethics considerations
- Reiki Level I attunement given to each student
- Demonstration of a Reiki self-session and have students practice the full self-healing session in class
- Demonstration of the standard hand positions for doing a one-on-one Reiki session using a Reiki table
- Guiding and supervising one hour session given by each student to another person or another student on a Reiki table
- Demonstration of a Reiki chair session followed by practice time for the students
- Chakra healing with Reiki
- Other applications of Reiki (animals, plants, houses etc)
- Providing a professional quality Reiki Level I manual for each student
- Providing a Reiki Level I Certificate at the end of the class to each student
- Discussing benefits of CRA membership and related requirements (waiting period, documents, application, case studies)

CRA Certificate for Level I is provided

8 hours of training \$220 in person in premises of the student

20% provided for group of 6 and over

10% additional discount provided for group of seniors over 65

Reiki Level II or Second Degree Class (8 Hours including 1 hour reading and home practice)

- Reiki Level II attunement given to each student

- Discussing the theoretical and practical use of the three traditional Reiki II symbols CKR, SHK, HSZSN
- Practice of Distance healing with HSZSN
- Guiding and supervising one hour session given by each student to another person while using two other Reiki II symbols
- Demonstration and practice of using the SHK for mental/emotional healing and assisting a client in releasing unwanted habits
- Advanced Reiki Techniques (A.R.T.)
- Various tools for Reiki healing (crystals, crystal grids, water, oils etc)
- Marketing and Reiki as a business
- Providing a professional quality Reiki Level II manual for each student.
- Providing a Reiki Level II Certificate at the end of the class to each student.
- Discussing benefits of CRA membership and related requirements (waiting period, documents, application, case studies)

CRA Certificate for Level II is provided

8 hours of training \$250 in person in premises of the student

20% provided for group of 6 and over

10% additional discount provided for seniors over 65

Reiki Level III (Master/Teacher) Class (12 Hours including 1 hour reading and home practice during 2 days, always individually)

- Discussion of Master/Teacher responsibilities
- Master/Teacher attunement given to the student
- Discussing the theoretical and practical use of the traditional Reiki Master symbol DKM along with any other symbols
- Guiding practicing time for DKM
- Teaching how to perform attunements for all levels of Reiki
- Providing guidance how to create own class outlines
- Discussing CRA information to be provided to the students

- Guidance on Reiki business development and marketing ideas
- Hands on practice of performing attunements
- Providing a professional quality Reiki Master/Teacher manual
- Review of a student's teaching plan and information to be included into Reiki manuals (3 levels of Reiki training)
- Conducting Reiki workshops and Reiki share
- Discussing Reiki teaching practice and CRA requirements

**CRA Certificate for Master/Teacher Level is provided
12 hours of training (2 days) \$500 in person in premises
of the student
20% provided for group of 6 and over
10% additional discount provided for seniors over 65**